

"REGULAR" WEEK AT A GLANCE

WEEK 1 WEEK OF: April 29, May 27, June 24, July 22, August 19, September 16, October 14

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Red River Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Egg Bacon WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Poached Eggs WW English Muffin/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran French Toast with Syrup Sausage <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L I G H T M E A L	Vegetable Soup Chicken Balls with BBQ Sauce Basmati Rice Oriental Vegetables Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Cream of Carrot Soup Cabbage Rolls Italian Mixed Vegetables Watermelon <u>Alternate Choices</u> Assorted Sandwiches	Tomato Soup Thai Pork Salad WW Dinner Roll Mango <u>Alternate Choices</u> Assorted Sandwiches	Minestrone Soup Macaroni & Cheese Spinach Salad Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Beef & Barley Soup Chicken Salad Sandwich Cucumber Salad Apricot Halves <u>Alternate Choices</u> Assorted Sandwiches	Cream of Broccoli Soup Cheese Hamburger Tomato & Lettuce Caesar Salad Fruit Salad <u>Alternate Choices</u> Assorted Sandwiches	Beef Noodle Soup Turkey, Cranberry and Swiss Sandwich Tossed Salad Mandarin Oranges <u>Alternate Choices</u> Assorted Sandwiches
M A I N M E A L	Vegetarian Shepherd's Pie WW Bread Broccoli Blueberry Crisp <u>Alternate Choices</u> Beef Stew	Sweet & Sour Pork Rice Green Beans Strawberry Shortcake <u>Alternate Choices</u> Chicken Thighs	Turkey a la King Egg Noodles PEI Mixed Vegetables Vanilla Caramel Cake <u>Alternate Choices</u> RESIDENT CHOICE Meat Pizza Green Salad	Meatballs with Creamy Mushroom Sauce Mashed Potatoes Diced Carrot Tapioca Pudding <u>Alternate Choices</u> Sole Florentine	Shrimp Caribbean Citrus Basmati Rice Peas Iced Carrot Cake <u>Alternate Choices</u> Pork Culet with Dill Sauce	Roasted Chicken O'Brien Potato Squash Lemon Tart <u>Alternate Choices</u> Veal Cutlet	Baked Ham with Pineapple Sauce Scalloped Potato Baby Carrots Cherry Pie <u>Alternate Choices</u> Baked Pollock

"REGULAR" WEEK AT A GLANCE

WEEK 2 WEEK OF: May 6, June 3, July 1, July 29, August 26, September 23, October 21

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Hot Oatmeal Boiled Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Boiled Egg Bacon WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Pancake with Syrup Bacon WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L I G H T M E A L	Seafood Chowder Sliced Pork Salad Plate (Sl. Pork, Sweet Potato Salad, Mediterranean Salad, WW Roll) Crushed Pineapple <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Florentine Soup Beef & Macaroni Tossed Salad Applesauce <u>Alternate Choices</u> Assorted Sandwiches	Split Pea Soup Ribbette Sandwich Spinach Salad Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Tomato Soup Grilled Cheese Sandwich with Pickle Coleslaw Apricots <u>Alternate Choices</u> Assorted Sandwiches	Chicken Noodle Soup Tuna Salad Sandwich Red Beet Citrus Salad Diced Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Butternut Squash Soup Chicken Nuggets w/ Plum Sauce Fries Apple Zucchini Slaw Tropical Fruit Salad <u>Alternate Choices</u> Assorted Sandwiches	Loaded Potato Soup Turkey Burger Lettuce, Tomato and Mayo Sweet Potato Crinkle Fries Diced Pears <u>Alternate Choices</u> Assorted Sandwiches
M A I N M E A L	Pepper Steak Mashed Potatoes Broccoli & Cauliflower Diced Melon <u>Alternate Choices</u> Vegetarian Casserole	Chicken Cordon Bleu Mashed Potato Carrot Lemon Bar <u>Alternate Choices</u> Bruschetta Pork Chop	Vegetarian Stirfry Rice Orange Citrus Cake <u>Alternate Choices</u> Corn Dusted Cod Chef's Choice Vegetables	Garlic Sausage & Perogies with Sour Cream Roasted Potato Peas Butterscotch Ice Cream <u>Alternate Choices</u> Tuscan Chicken Breast Roasted Potatoes	BBQ Beef Lyonnais Potato Winter Blend Vegetables Blueberry Upside Down Cake <u>Alternate Choices</u> Pesto Baked Haddock	Sweet and Sour Pork Rice Oriental Mixed Vegetables Chocolate Pudding <u>Alternate Choices</u> BBQ Chicken Thighs	Roast Beef with Horseradish & Gravy Mashed Potato Crinkle Cut Carrots Potato Croquette Blueberry Pie <u>Alternate Choices</u> Vegetarian Pesto Alfredo Fettuccini with Garlic Bread

"REGULAR" WEEK AT A GLANCE

WEEK 3 WEEK OF: May 13, June 10, July 8, August 5, September 2, September 30, October 28

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Cream of Wheat Scrambled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Breakfast Sausage WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Scrambled Eggs WW English Muffin/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Cheddar Cheese WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Boiled Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Omelet WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L I G H T M E A L	Lentil Soup Fish & Chips Coleslaw Peach Slices <u>Alternate Choices</u> Assorted Sandwiches	Cream of Carrot Soup Egg Salad Plate (Dinner Roll Egg Salad, Diced Beets, Potato Salad Cinnamon Applesauce <u>Alternate Choices</u> Assorted Sandwiches	Minestrone Soup Chicken Caesar Salad Cornmeal Muffin Apricots <u>Alternate Choices</u> Assorted Sandwiches	Cream of Asparagus Ham Salad Sandwich Chef Salad Diced Pears <u>Alternate Choices</u> Assorted Sandwiches	Vegetable Soup Beef Pot Pie Green Beans Fruit Cocktail <u>Alternate Choices</u> Assorted Sandwiches	Cream of Mushroom Belgium Waffles with Baked Apple Slices Bacon Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Chicken & Rice Soup Tuna Melt on a Bun Caesar Salad Tropical Fruit Salad <u>Alternate Choices</u> Assorted Sandwiches
M A I N M E A L	BBQ Chicken Rice Pilaf Fancy Vegetable Blend Strawberries & Cream <u>Alternate Choices</u> Ham & Broccoli Casserole	Salmon Baked Potato Broccoli & Slivered Almonds Butter tart <u>Alternate Choices</u> Vegetarian Spaghetti	Corn Beef Parslied Boiled Potato Braised Cabbage Cherry Jell-O <u>Alternate Choices</u> Vegetable & Tofu Jambalaya Garlic Bread	Turkey Tetrazzini Broccoli & Cauliflower Ice Cream <u>Alternate Choices</u> Veal Cutlet w/Gravy Mashed Potato	Pollock with Lemon Dill Sauce Lyonnaise Potato Honey Roasted Carrots Triple berry Crumble <u>Alternate Choices</u> Pork Chop Supreme	Shepherd's Pie Cauliflower Rice Watermelon <u>Alternate Choices</u> Butter Chicken	Roast Pork with Gravy Mashed Potatoes Squash Apple Pie <u>Alternate Choices</u> Pasta Fagioli Garlic Bread

"REGULAR" WEEK AT A GLANCE

WEEK 4 WEEK OF: May 20, Jun 17, July 15, August 12, September 9, October 7

NOTE: Prune Juice, Milk and Assorted Juices are available at every Meal. Pureed Whole Wheat Bread available at Lunch and Dinner. Crackers served at lunch. Textured Diets are offered (Mashed potatoes, Gravy, Minced and Puree) Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Hot Oatmeal Cheddar Cheese Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Scrambled Egg Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Red River Boiled Egg WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Hot Oatmeal Mushroom Omelet Breakfast Sausage Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Cream of Wheat Cheddar Cheese WW Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit	Oat Bran Waffle Bacon Raisin Toast/Margarine <u>Available Daily</u> Assorted Yogurt Assorted Cold Cereal Assorted Fresh Fruit
L I G H T M E A L	Cream of Vegetable Soup Tortiere with Gravy Broccoli Mixed Berries with Cream <u>Alternate Choices</u> Assorted Sandwiches	Tomato Soup Grilled Cheese with Pickle Caesar Salad Applesauce <u>Alternate Choices</u> Assorted Sandwiches	Chicken Noodle Soup Sloppy Joe on a Bun Coleslaw Apricots <u>Alternate Choices</u> Assorted Sandwiches	Butternut Squash Soup Tuna Salad Sandwich Cucumber Salad Fruit Cocktail <u>Alternate Choices</u> Assorted Sandwiches	Cream of Celery Soup Breaded Chicken Strips w/ Plum Sauce Waffle Fries Broccoli & Cauliflower Sliced Peach <u>Alternate Choices</u> Assorted Sandwiches	French Onion Soup BBQ Pork Ribbette Potato Wedges Bean Salad Cantaloupe <u>Alternate Choices</u> Assorted Sandwiches	Chicken Noodle Soup Fish Burger with Tartar Sauce Sweet Potato Fries Coleslaw Tropical Fruit <u>Alternate Choices</u> Assorted Sandwiches
M A I N M E A L	Pineapple Meatballs Basmati Rice Gingered Carrots Orange Ice Cream <u>Alternate Choices</u> Cod a la Casa	Soy Ginger Chicken Thigh Scalloped Potatoes Fancy Mixed Vegetables Cantaloupe Wedges <u>Alternate Choices</u> Honey Ham	Dinner Sausage Roasted Potatoes Brussels Sprouts Pecan Streusel Cake <u>Alternate Choices</u> White Bean & Vegetable Linguini Garlic Bread	Meatloaf with Gravy Mashed Potatoes Peas & Carrots Banana Cake <u>Alternate Choices</u> Apple Braised Pork Loin	Salmon Fillet with Asian Sesame Sauce Rice Green Beans Almondine Vanilla Pudding <u>Alternate Choices</u> Lamb Stew	Veal Roasted Potatoes Broccoli Chocolate Cake <u>Alternate Choices</u> Herbed Baked Chicken	Liver & Onions with Gravy Mashed Potatoes Green Peas & Pearl Onions Strawberry Rhubarb Pie <u>Alternate Choices</u> Pork Cutlet